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# **SEMINOLE NATION DAYS**

## **5K AND 1 MILE FUN RUN/WALK**

**Cheer on the runners/walkers  
for a chance to win a prize!**

**T-shirts to first  
100 registrants**

**5K Pre-Registration \$25**

**1 mile Pre-Registration \$20**

**Open to everyone!**

**EVERYONE 55 AND  
OVER RUN//WALK  
FREE!**

**5K Race Day Registration \$30  
1 Mile Race Day Registration \$25**

## **Come conquer Mekusukey Mission Hill !**

**DATE: SATURDAY, SEPTEMBER 19, 2015**

**TIME: 5K STARTS AT 7AM AND 1 MILE FUN RUN/WALK STARTS AT 7:05AM**

**WHERE: MEKUSUKEY MISSION, IN FRONT OF THE COMMUNITY BLDG.**

**(2 MILES SOUTH & 2 MILES WEST OF SEMINOLE)**

**May register at SEMINOLE NATION CVFEKNE WELLNESS CENTER (2 miles S. & 2 miles W. of Seminole)**

**or by mail to: SN Diabetes Program, Att: 5K Registration, PO Box 1498, Wewoka OK 74884**

**For more information email: [pike.s@sno-nsn.gov](mailto:pike.s@sno-nsn.gov) or call Sabrina at 405-234-5274**

**PAYMENT MUST BE MADE BY MONEY ORDER OR CASH- NO CHECKS PLEASE**

**AWARDS WILL BE STANDARD  
5 YEAR AGE GROUPS**